

## Soul Care | *Spiritual Basics for Hungry People* Week 7 – Written Prayers



### *Corporate Prayer*

#### *Before Worship*

*O almighty God, the searcher of all hearts, who hast declared that all such as shall draw nigh to thee with their lips when their hearts are far from thee are an abominations unto thee: cleanse, we beseech thee, the thoughts of our hearts by the inspiration of thy Holy Spirit, that no wandering, vain, nor idle thoughts may put out of our minds that reverence and godly fear that becomes all those who come into thy presence.*

Jonathan Swift quoted in *The Complete Book of Christian Prayer* from Continuum, p. 342

#### *After Worship*

*O gracious Lord, since thou hast promised that, where two or three are gathered together in thy name, thou wilt be in the midst of them to grant their requests: grant to us who are met in thy name that those requests which in the utmost sincerity of our hearts we have now made, may effectually be answered; through the merits of Jesus Christ our Lord.*

Jonathan Swift quoted in *The Complete Book of Christian Prayer* from Continuum, p. 344

### *God Is No Fool – Four*

### *God Is No Fool – Five*

### Value of Written Prayers

- Helps us enter into the conversation giving us words where we may need them
- Creates space within that conversation
- Sheds light to the blind (*us*) and balance to the unbalanced (*also us*)
- Connects us to community over time and place
- Helps address our overly individualistic and privatized western faith
- Can lead to unexpected and beautiful paths of study and journeying with God

# The Lord's Prayer

*Our Father, who art in heaven, hallowed be your Name.  
May your kingdom come, and your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil;  
for yours are the kingdom and power and the glory forever and ever.  
Amen.*

contemporary translation as found in *The Divine Hours* compiled by Phyllis Tickle

*Our Father in heaven, hallowed be Your name,  
Your kingdom come, Your will be done on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from the evil one,  
for Yours is the kingdom and the power and the glory forever.  
Amen.*

*Matthew 6:9-13 (NIV)*

*Our Father in heaven, may your name be honored.  
May your Kingdom come soon.  
May your will be done here on earth, just as it is in heaven.  
Give us our food for today,  
and forgive us our sins, just as we have forgiven those who have sinned against us.  
And don't let us yield to temptation, but deliver us from the evil one.  
For yours is the kingdom and the power and the glory forever.  
Amen.*

*Matthew 6:9-13 (NLT)*

## Psalm Prayer

*A psalm of David. When he fled from his son Absalom.*

O Lord, how many are my foes!  
How many rise up against me!  
Many are saying of me,  
"God will not deliver him." *Selah*

But you are a shield around me, O Lord;  
you bestow glory on me and lift up my head.  
To the Lord I cry aloud,  
and he answers me from his holy hill. *Selah*

I lie down and sleep;  
I wake again, because the Lord sustains me.  
I will not fear the tens of thousands  
drawn up against me on every side.

Arise, O Lord!  
Deliver me, O my God!  
Strike all my enemies on the jaw;  
break the teeth of the wicked.

From the Lord comes deliverance.  
May your blessing be on your people. *Selah*

*Psalm 3 (NIV)*

## Pauline Prayer

### *A Guide for Prayer*

*For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.*

*Colossians 1:9-14 (NIV)*

### *A Modified Text for Prayer*

*[You are] the image of the invisible God, the firstborn over all creation. For by [You] all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by [You] and for [You]. [You are] before all things, and in [You] all things hold together. And [You are] the head of the body, the church; [You are] the beginning and the firstborn from among the dead, so that in everything [You] might have the supremacy. For God was pleased to have all his fullness dwell in [You], and through [You] to reconcile to himself all things, whether things on earth or things in heaven, by making peace through [Your] blood, shed on the cross.*

*adapted from Colossians 1:15-20 (NIV)*

# Ancient Prayer

## *Gloria in Excelsis Deo (Glory to God in the highest)*

*Glory to God in the highest,  
and peace to His people on earth.*

*Lord God, heavenly King,  
almighty God and Father,  
we worship You, we give You thanks,  
we praise You for Your glory.*

*Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
You take away the sin of the world:  
have mercy on us;  
You are seated at the right hand of the Father:  
receive our prayer.*

*For You alone are the Holy One,  
You alone are the Lord,  
You alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.*

c. 2<sup>nd</sup> or 3<sup>rd</sup> century as found in *The Book of Common Prayer* (1979), p. 94-5

## *Phos Hilaron (O Gracious Light)*

*O Gracious Light  
pure brightness of the everlasting Father in heaven.*

*O Jesus Christ, holy and blessed!*

*Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing your praises, O God:  
Father, Son and Holy Spirit.*

*You are worthy at all times  
to be praised by happy voices,  
O Son of God, O Giver of life,  
and to be glorified through all the worlds*

4<sup>th</sup> century

## *Te Deum Laudamus (You Are God)*

*You are God: we praise you;  
You are the Lord: we acclaim you;  
You are the eternal Father;  
All creation worships you.  
To you all angels, all the powers of heaven,  
Cherubim and Seraphim, sing in endless praise;  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.  
Throughout the world the holy Church acclaims you;  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
You, Christ, are the King of glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not shun the Virgin's womb.  
You overcame the sting of death  
and opened the kingdom of heaven to all believers.  
We believe that you will come and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory ever lasting.*

attributed to Nicetas, bishop of Remesiana, late 4<sup>th</sup> to early 5<sup>th</sup> century as found in *The Book of Common Prayer* (1979), p. 95-6

# Daily Prayer

## The Ancient Practice of Fixed Hour Prayer (Office or Hours)

- Primarily uses Scripture for prayer with a particularly heavy use of the Psalms
- Rooted in Psalm 119:164: *Seven times a day I praise you for your righteous laws* and Daniel's practice of praying 3 times a day (found in Daniel 6)
- Contemporary practice focuses on 4 times: The Morning Office, the Midday Office, the Evening Office (or *Vespers*) and *Compline* (prayed before retiring for the night)

## *The Morning Office for Second Sunday of Lent*

### THE CALL TO PRAYER

*Enter his gates with thanksgiving; go into his courts with praise; give thanks to him and call upon his Name.*

*Psalm 100:3*

### THE REQUEST FOR PRESENCE

***Satisfy us by your loving-kindness in the morning so shall we rejoice and be glad all the days of our life.***

*Psalm 90:14*

### THE GREETING

*I will give thanks to you, O LORD, with my whole heart; I will tell of all your marvelous works. I will be glad and rejoice in you; I will sing your Name, O Most High.*

*Psalm 9:1-2*

### THE REFRAIN FOR THE MORNING LESSONS

***In God the LORD, whose word I praise, in God I trust and will not be afraid, for what can mortals do to me?***

*Psalm 56:10*

### A READING

*Jesus said: "Can you not buy five sparrows for two pennies? And yet not one is forgotten in God's sight. Why, every hair on your head has been counted. There is no need to be afraid: You are worth more than many sparrows."*

*Luke 12:6-7*

### THE REFRAIN

***In God the LORD, whose word I praise, in God I trust and will not be afraid, for what can mortals do to me?***

#### THE MORNING PSALM

*Sing to the LORD a new song; sing his praise in the congregation of the faithful.  
Let Israel rejoice in his Maker; let the children of Zion be joyful in their King.  
Let them praise his Name in the dance; let them sing praise to him with timbrel and harp.  
For the LORD takes pleasure in his people and adorns the poor with victory.  
Let the faithful rejoice in triumph; let them be joyful on their beds.*

Psalm 149:1-5

#### THE REFRAIN

***In God the LORD, whose word I praise, in God I trust and will not be afraid, for what can mortals do to me?***

#### The Gloria

***Glory be to God the Father, God the Son, and God the Holy Spirit.  
As it was in the beginning, so it is now and so it shall ever be, world without end. Alleluia.  
Amen.***

#### THE LORD'S PRAYER

***Our Father, who art in heaven, hallowed be your Name.  
May your kingdom come, and your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil;  
for yours are the kingdom and power and the glory forever and ever.  
Amen.***

#### THE PRAYER APPOINTED FOR THE WEEK

*O Lord, you have taught us that without love whatever we do is worth nothing: Send your Holy Spirit and pour into my heart your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever.*

***Amen.***

#### THE CONCLUDING PRAYER OF THE CHURCH

***Lord God, almighty and everlasting Father, you have brought me in safety to this new day:  
Preserve me with your mighty power, that I may not fall into sin, nor be overcome by  
adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my  
Lord. Amen.***

from *Eastertide: Prayers for Lent through Easter from The Divine Hours*, compiled by Phyllis Tickle, pp. 51-2

# Celtic Prayer

## Themes and Characteristics of Celtic Prayer

- Trinity
- Creation
- Protection
- Intimacy and “Thinness”
- Simplicity

## *Come I This Day*

*Come I this day to the Father  
Come I this day to the Son,  
Come I to the Holy Spirit powerful;  
Come I this day with God,  
Come I this day with Christ,  
Come I with the Spirit of kindly balm.*

*God, and Spirit, and Jesus,  
From the crown of my head  
To the soles of my feet;  
Come I with my reputation,  
Come I with my testimony,  
Come I to thee, Jesus;  
Jesus, shelter me.*

from the *Carmina Gadelica*, quoted in *Celtic Devotions: A Guide to Morning and Evening Prayer* by Calvin Miller, p. 33.

## *The Hymn of St Patrick*

*I bind unto myself today  
The strong name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.*

*I bind this day to me for ever,  
By power of faith, Christ's incarnation;  
His baptism in the Jordan river;  
His death on the Cross for my salvation;  
His bursting from the spiced tomb;  
His riding up the heavenly way;  
His coming at the day of doom;  
I bind unto myself today...*

*I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken to my need.  
The wisdom of my God to teach,  
His hand to guide, his shield to ward;  
The word of God to give me speech,  
His heavenly host to be my guard.*

*Against all Satan's spells and wiles,  
Against false words of heresy,  
Against the knowledge that defiles,  
Against the heart's idolatry,  
Against the wizard's evil craft,  
Against the death-wound and the burning,  
The choking wave, the poisoned shaft,  
Protect me, Christ, till thy returning.*

*Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger...*

## *Christ of the Seven Directions*

*Christ of the seven directions is with me.  
Christ above me to uplift me  
Christ beneath me to support me  
Christ before me to guide me  
Christ behind me to protect me  
Christ on my left to meet me  
Christ on my right to greet me  
Christ within me to strengthen me.*

*I give myself as I face east  
And to the rising of the sun  
I give myself as I face south  
And the fullness of this day.  
I give myself as I face west  
And the evening of my life.  
I give myself as I face north  
And the darkness before me.  
I look up to the God above me  
I look down to the everlasting arms.  
I have hope, for God is within me,  
This day and for ever more,  
This day and for ever more.*

from *The Open Gate: Celtic Prayers for Growing Spiritually* by David Adam, p. 105  
(currently out of print, has often come back into print;  
David Adam has many other fine publications of Celtic prayers, both collected and original)

# Celtic Daily Prayer

## *Sunday Morning – Resurrection*

Jesus Christ is risen from the dead. Alleluia!

*(Silence)*

Rejoice, heavenly powers! Sing, choirs of angels! Alleluia!

**Christ our King is risen. Alleluia!**

Exult, all creation! Rejoice, O earth, in shining splendour! Alleluia!

**Christ our King is risen. Alleluia!**

Christ has conquered! Glory fills you!

**Christ our King is risen. Alleluia!**

Darkness vanishes forever! Christ dispels the darkness of our night! Alleluia!

**Christ our King is risen. Alleluia!**

*PSALM 100*

**Christ is risen. Alleluia!**

Be joyful in the Lord, all you lands;  
serve the Lord with gladness  
and come before his presence with a song.

Know this: The Lord himself is God;  
he himself has made us and we are his;  
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;  
go into his courts with praise;  
give thanks to him and call upon his name.

For the Lord is good; his mercy is everlasting;  
and his faithfulness endures from age to age.

**Christ is risen. Alleluia!**

*JOHN 11:25-6*

Jesus said . . . "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die."

*THE SONG OF CHRIST'S GLORY*

**At the name of Jesus every knee should bow.**

Christ Jesus was in the form of God:  
but he did not cling to equality with God.

**At the name of Jesus every knee should bow.**

He emptied himself, taking the form of a servant:  
and was born in the likeness of men.

**At the name of Jesus every knee should bow.**

Being found in human form he humbled himself:  
and became obedient unto death, even death on a cross.

**At the name of Jesus every knee should bow.**

Therefore God has highly exalted him:  
and bestowed on him a name above every name;  
**At the name of Jesus every knee should bow.**

that at the name of Jesus every knee should bow:  
in heaven and on earth and under the earth;  
**At the name of Jesus every knee should bow.**

and every tongue confess that Jesus Christ is Lord:  
to the glory of God the Father.  
**At the name of Jesus every knee should bow.**

Glory be to the Father, and to the Son;  
and to the Holy Spirit:  
as it was in the beginning, is now;  
and shall be for ever. Amen.

**At the name of Jesus every knee should bow.**

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**Our Father, who art in heaven, hallowed be your Name.  
May your kingdom come, and your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil;  
for yours are the kingdom and power and the glory forever and ever.  
Amen.**

That we may rejoice in the resurrection,

**Risen Christ, give us hope.**

That we may know that you have conquered death,

**Risen Christ, give us hope.**

That we may know that you have triumphed over the grave,

**Risen Christ, give us hope.**

That those in doubt and despair may see your light,

**Risen Christ, give us hope.**

That those who are troubled in mind may know your peace,

**Risen Christ, give us hope.**

That those in pain and distress may know your presence,

**Risen Christ, give us hope.**

That those caring for the terminally ill may know your power,

**Risen Christ, give us hope.**

That those who mourn may discover the joy of life eternal,

**Risen Christ, give us hope.**

Almighty Father, who in your great mercy made glad the disciples with the sight of the risen Lord:  
give us such knowledge of his presence with us, that we may be strengthened and sustained by his  
risen life and serve you continually in righteousness and truth: through Jesus Christ our Lord.

**Amen.**

from *The Rhythm of Life: Celtic Daily Prayer* by David Adam (contains one week's worth of Celtic daily prayers;  
for one month's work of Celtic daily prayers, see *Celtic Devotions: A Guide to Morning and Evening Prayer* by Calvin Miller  
for two years' worth of Celtic daily prayers, see *Celtic Daily Prayer: Prayers and Reading from the Northumbria Community*)

# Heritage Prayers

## For a Daily Increase in Faith

*O God, what would we be if you were to forsake us? What can we do if you withdraw your hand? What can we know if you do not enlighten? How quickly the educated become infants; the prudent, simple; the wise, fools! How terrifying you are in all your works and judgments! Let us walk in the light while we have light, so that we may not be caught in darkness. Many renounce their faith and become careless and weary in your grace. They are deceived by Satan into thinking they know everything had have no need. They feel satisfied and become slothful and ungrateful and are soon ruined. Therefore help us to remain in the fervor of faith, that we may daily increase in it through Jesus Christ, our real and only helper. Amen.*

Martin Luther from *Luther's Prayers*, ed. by Herbert F. Brokering, p. 68

## Morning Prayer

*My God, my Father and my Savior, since it has pleased thee to preserve me by thy grace through the night just ended and until the present day, grant that I may use it entirely in thy service and that I may think, say, and do nothing but to please thee and to obey thy holy will, so that all my actions may redound to the glory of thy name and the edification of my neighbors. And just as in this earthly life thou causest the sun to shine on the world to give physical light, let thy Holy Spirit illumine my mind to guide me in the way of thy righteousness. Thus in everything I do, let my goal and intention always be to walk reverently and to honor and serve thee, relying only on thy blessing for my well-being, and undertaking only what is pleasing to thee.*

*Grant also, O Lord, that as I labor for my physical needs and for this present life, I may lift up my soul to that heavenly and blessed life which thou hast promised to thy children . . . And since to begin well means little unless one perseveres, I beseech thee to be my guide not only today but for all my life, daily continuing and increasing thy grace in me until thou hast brought me into full union with thy Son, Jesus Christ our Lord, who is the true Sun of our souls, shining day and night forever . . . Amen.*

John Calvin from *Opera quae supersunt omnia*, 6:136  
quoted in *A Book of Reformed Prayers* edited by Howard L. Rice & Lamar Williamson, Jr., p. 16

## Offering Ourselves to God

*O God,  
who hast so greatly loved us,  
and mercifully redeemed us;  
give us grace that in everything  
we may yield ourselves,  
our wills and our works,  
a continual thank offering unto thee;  
through Jesus Christ our Lord. Amen.*

The Westminster Divines, written for the Directory for Worship of 1647,  
quoted in *A Book of Reformed Prayers* edited by Howard L. Rice & Lamar Williamson, Jr., p. 38

## For Heavenly Mindedness

*O Thou Spirit of Life, breath upon Thy graces in us, take us by the hand and lift us from earth, that we may see what glory Thou hast prepared for them that love Thee; through Jesus Christ our Lord. Amen.*

Richard Baxter quoted in *A Book of Reformed Prayers* edited by Howard L. Rice & Lamar Williamson, Jr., p. 41

## *Christ Alone*

O GOD,  
Thy main plan, and the end of thy will  
is to make Christ glorious and beloved in heaven  
where he is now ascended,  
where one day all the elect will behold His glory  
and love and glorify him for ever.  
Though here I love him but little,  
may this be my portion at last.  
In this world thou hast given me a beginning,  
one day it will be perfected in the realm above.  
Thou hast helped me to see and know Christ, though obscurely,  
to take him, receive him,  
to possess him, love him,  
to bless him in my heart, mouth, life.  
Let me study and stand for discipline,  
and all the ways of worship,  
out of love for Christ;  
and to show my thankfulness;  
to seek and know His will from love,  
to hold it in love,  
and daily to care for and keep this state of heart.  
Thou hast led me to place all my nature and happiness  
in oneness with Christ,  
in having heart and mind centered only on him,  
in being like him in communicating good to others;  
This is my heaven on earth,  
But I need the force, energy, impulses of thy Spirit  
to carry me on the way to my Jerusalem.  
Here, it is my duty  
to be as Christ in this world,  
to do what he would do,  
to live as he would live,  
to walk in love and meekness;  
then would he be known,  
then would I have peace in death.

from *The Valley of Vision: A Collection of Puritan Prayers & Devotions* edited by Arthur Bennett, p. 23

# Contemporary Prayers

## Sources

- An author's publication of original prayers
- An author's publication collecting original prayers and/or prayers of others (may be contemporary and/or historical)
- Almost any devotional guide

## *Be the Gardener of My Soul*

*SPIRIT OF THE LIVING GOD, be the Gardener of my soul. For so long I have been waiting, silent and still – experiencing a winter of the soul. But now, in the strong name of Jesus Christ, I dare to ask:*

*Clear away the dead growth of the past,  
Break up the hard clods of custom and routine,  
Stir in the rich compost of vision and challenge,  
Bury deep in my soul the implanted Word,  
Cultivate and water and tend my heart,  
Until new life buds and opens and flowers.*

*Amen.*

from *Prayer from the Heart* by Richard J. Foster, p. 3

## *Prayer for the Second Sunday in Lent*

*God of Abraham, of Isaac, and of Jacob – you are the one true God. Help us to break free from all that we wrongfully treat as worship and claim the promises of faithfully following you. Amen.*

from *Moravian Daily Texts 2009: A Devotional Guide for Every Day*, p. 67

## *The Prayer Appointed for the Week*

*Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by man temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

from *The Divine Hours: Prayers for Springtime* compiled by Phyllis Tickle, p. 177

## *God Is No Fool – Four*

*One morning I awoke with a desire I wanted to fulfill. It concerned a way I wanted to be.*

*This was a matter to lay before God. This was a matter for prayer. The desire was for a power and goodness, and I wanted the prayer to be right. I would preface my request with an acknowledgement of my unworthiness. This wasn't false; I knew it, and God would accept it.*

*All day phrases and words came to me. My special prayer took shape. I would set aside a time. I would approach him in truth.*

*In the evening I closed myself away from others. I read from his word. I reviewed the phrases and words of my very special prayer.*

*Before I got really settled down, I was flooded with the answer, and I was the way I wanted to be.*

*But I felt cheated...I had wanted that moment of communication with God. Then I thought I heard something.*

*"I heard you this morning."*

*I think I have a lot to learn about prayer.*

from *God Is No Fool* by Lois A. Cheney, p. 13 (coming back into print on May 30, 2009)

## *God Is No Fool – Five*

*One morning I awoke with a desire I wanted to fulfill. It concerned a way I wanted to be.*

*This was a matter to lay before God. This was a matter for prayer. The desire was for a power and goodness, and I wanted the prayer to be right. I would preface my request with an acknowledgement of my unworthiness. This wasn't false; I knew it, and God would accept it.*

*All day phrases and words escaped me. My special prayer lay limp and wouldn't take shape. I would set aside a time. I would approach him in truth.*

*In the evening I closed myself away from others. I read from his word. I fought for phrases and words – I felt embarrassed and mute. And the world got bigger, and God got greater, and I got smaller.*

*Frustrated, I jerked to reality, and suddenly I was flooded with the answer, and I was the way I wanted to be.*

*But I felt confused...I had wanted that moment of communication with God, but I had found myself impotent and alone. Then I thought I heard something.*

*"I heard you this morning."*

*I think I have a lot to learn about prayer.*

from *God Is No Fool* by Lois A. Cheney, pp. 14-15 (coming back into print on May 30, 2009)